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# The Fort Jackson *Leader*



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# Ready, set, go



Photo by SUSANNE KAPPLER

Staff Sgt. Luis Hernandez, Army Physical Fitness School, demonstrates the standing long jump, one of the five events of the Army Physical Readiness Test, which is proposed to replace the Army Physical Fitness Test next year.

## Army introduces new fitness tests

By SUSANNE KAPPLER  
Fort Jackson Leader

After more than 30 years of performing push-ups, sit-ups and a 2-mile run, Soldiers may soon see a change in the way the Army measures physical readiness.

Lt. Gen. Mark Hertling, TRADOC's deputy commanding general for Initial Military Training, introduced the proposed Army Physical Readiness Test and the Army Combat Readiness Test at the Drill Sergeant School Tuesday.

If approved by the chief of staff of the Army, the APRT will replace the current Army Physical Fitness Test. The APRT is a five-event test that aims to assess all aspects of physical fitness, including mobility, coordination and strength.

Hertling said that although the current "PT test" provides commanders with a snapshot of a Soldier's fitness, it does not

accurately portray a Soldier's readiness for the physical challenges of combat.

"It's one thing to be fit and have anaerobic and muscular fitness," Hertling said. "It's quite another thing to be ready for the things you're being asked to do. And in our case, it's being asked to be a tactical athlete or a Soldier."

The new test will start with a 60-yard shuttle run, during which Soldiers run for 5 yards, pick up a wooden block, run back to the starting line, place the block behind the line and then repeat the same procedure by running 10 and 15 yards, respectively. Other events include one minute of push-ups and one minute of performing a rower, a total body exercise that replaces the sit-up.

“It's one thing to be fit and have anaerobic and muscular fitness. It's quite another thing to be ready for the things you're being asked to do.”

— Lt. Gen. Mark Hertling  
Deputy commanding general  
for Initial Military Training

Both timed events will be performed without resting to provide an accurate muscular endurance assessment. The current 2-mile run will be replaced by a 1.5-mile run. Soldiers will also have to perform a standing long jump.

Frank Palkoska, director of the Army

Physical Fitness School, said that the APRT is linked to the new physical readiness training circular published last August.

"It's focused on warrior tasks and battle drills," Palkoska said. "And, basically, if you're conducting the training to standard, the assessment will be the easiest training day you have."

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# Red Cross services invaluable to post

March is American Red Cross Month. It is a time each year that we set aside to recognize and show our appreciation for the work that this great organization does. If it were not for a presidential proclamation, the fact that March is Red Cross Month might escape you merely because of the humble way the Red Cross goes about its business.

The organization epitomizes and personifies the American spirit. Its unsung heroes illustrate exactly what it really means to extend help and care for victims in disasters. A month does not seem long enough for us to properly recognize an organization that has done so much relief work in its 130 years of existence.

The organization was founded in 1881 and has not missed a beat in responding to natural disasters and emergency circumstances related to the casualties of war. We certainly appreciate the work the Red Cross performs each day, and particularly in times of disasters. Focusing on disaster relief is just one of the important services provided by the Red Cross.

Fort Jackson is serviced by the Red Cross Chapter of Central South Carolina. Last year the Central South Carolina chapter provided \$225,000 in disaster grants to victims to help pay for the food, lodging and immediate needs or victims following a residential fire or other disaster in Richland County. Some of the affected families have Fort Jackson connections.

**MAJ. GEN. JAMES M. MILANO**  
*Fort Jackson Commanding General*



Disaster relief is only one important component of the Red Cross mission. Red Cross workers and volunteers handle all types of support services. Red Cross volunteers deliver messages to Soldiers from family members. Last year, the Red Cross delivered more than 14,000 emergency messages to military members on Fort Jackson.

During an average month, Soldiers here on post receive approximately 200 Red Cross messages from family members. Some of those messages unfortunately deal with serious injuries, illnesses or death. The Red Cross volunteers who often must deliver the bad news have a very difficult and delicate mission. They have handled these situations admirably.

Red Cross volunteers also can be found at health clinics, the WTU and the Family Life and Resiliency Center. They help greet patients at Moncrief Army Community

Hospital, as well as assist in the labs and pharmacy. They provide chaperones for examinations and transport patients between the clinics.

The Red Cross also directly supports the training mission here on Fort Jackson. It provides valuable information to Soldiers in Basic Combat Training and Advanced Individual Training, as well as to their families, deploying Soldiers, and the service members at Task Force Marshall on how to prepare for disasters and how to contact service members in the event of a family emergency.

The Red Cross is also at the forefront of the blood drives and donations on post. The local impact is huge. Unfortunately, because of the severe winter that we have experienced this year, there is currently a critical blood shortage. I ask you that you consider making a donation. There will be opportunities March 18 at the Balfour Beatty Community Center and March 23 at MACH. Details about both drives will be printed in the Fort Jackson Leader.

I ask that we all make an effort sometime this month to show some appreciation in some form or another to this great American institution.

Consider a charitable donation, a donation of blood or a positive ICE comment. Or simply walk up to a worker or volunteer and tell him or her just how important he or she is to our mission.

Army Strong and Victory Starts Here!

## Fort Jackson talks back:

*Staff writer Chris Rasmussen asks members of the community:*

*‘If there was one charitable organization or cause you could give your time or money to, what would it be, and why?’*



**Capt. Jameelah Grover**  
HHC, Army Training Center

“ASPCA (American Society for the Prevention of Cruelty to Animals). To me, animals are kind of like children and need people to look out for them.”



**Chief Warrant Officer 3 Rick Niche**  
HHC, Training Support Battalion

“The local children’s hospital. My son is disabled, and they do a wonderful job caring for the children.”



**1st. Lt. Ricardo Quinn**  
Company C, Task Force Marshall

“The United Way. They do so many positive things for the community.”



**Sgt. 1st Class Marvin Palmer**  
Company E, Task Force Marshall

“St. Jude’s Children’s Research Hospital. They have pioneered finding cures and saving children with cancer.”



**Sgt. Matt Hemenway**  
282nd Army Band

“The Red Cross. They have been the most visible during recent tragedies around the world.”



**Sgt. James Sarver**  
175th Maintenance Company

“Women’s cancer. It really seems to be an epidemic at this time, and more needs to be done to combat it.”

## The Fort Jackson Leader

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Commanding General.....Maj. Gen. James M. Milano  
Garrison Commander.....Col. James J. Love  
Public Affairs Officer.....Karen Soule  
Command Information Officer.....Joseph Monchecourt  
Editor.....Crystal Lewis Brown  
News editor/Staff writer.....Susanne Kappler  
Online editor/video.....Mike A. Glasch  
Staff writer.....Chris Rasmussen

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# Battalion remembers BCT Soldier

By **SUSANNE KAPPLER**  
Fort Jackson Leader

Soldiers with the 3rd Battalion, 34th Infantry Regiment remembered a fallen comrade during a memorial service for Pvt. Jordan Chase Friday at Bayonet Chapel.

Superiors and battle buddies described the 19-year-old as a dedicated, team-oriented and fun-loving Soldier who embodied the Army values.



**CHASE**

“Jordan was everything our Army could ask for in a Soldier. He was smart; he was courageous; and he deeply de-

sired to be the best Soldier possible while being a true comrade to his friends and platoon,” said Lt. Col. Bryan Hernandez, commander of the 3-34th. “Jordan’s desire to serve his country and to persevere through adversity to become a Soldier, and eventually give his life, is an example for all to emulate.”

Capt. Ryan Reay, commander of Company A, 3-34th, said he encourages other Soldiers to follow Chase’s example.

“Pvt. Chase has completed his mission on earth,” Reay said. “It is now time for us, the living, to carry out the mission. Pvt. Chase would want us to. Pvt. Chase is for us the guidon bearer. Let us all follow his lead and continue to strive to be worthy of his example of service and sacrifice to God, family and country.”

Staff Sgt. Joshua Kaplan, one of Chase’s drill sergeants, said Chase was an ideal Soldier in training who came to Basic Combat Training highly motivated and with the goal of becoming a role model for his five younger siblings.

“Sometimes instilling Army values can be hard, but when a Soldier comes from a family that already has values, the drill sergeants’ job is easy,” Kaplan said.

Pvt. Ryan Bremer said that during the six weeks they spent together in basic training, Chase has left a lasting impres-



Photo by **SUSANNE KAPPLER**

**Pvt. Ryan Bremer, Company A, 3rd Battalion, 34th Infantry Brigade, talks about his friendship with Pvt. Jordan Chase during a memorial service for Chase Friday at Bayonet Chapel. Chase died Feb. 20.**

sion on him.

“I feel like I’ve known Chase for years because of the impact he has made on my life in our time here,” Bremer said. “Chase probably had no idea what he did not only for me, but the Outlaws (platoon) as a team. There were many times I was discouraged and wanted to quit, but I knew Chase would never let that happen.”

The sentiment that Chase placed others before himself was shared by both Bremer and Pvt. Sharon Solderquist, who is in the same platoon.

“Jordan was everything our Army could ask for in a Soldier. He was smart; he was courageous; and he deeply desired to be the best Soldier possible while being a true comrade to his friends and platoon.”

— **Lt. Col. Bryan Hernandez**  
3rd Battalion,  
34th Infantry Regiment

“Something I think everyone will remember is how (Chase) was able to turn foot marches into something fun,” Solderquist said, recounting a march during which Chase helped her catch up with the group. “He didn’t just do that for me. He helped many in the same way, not allowing anyone to fall behind. He took the initiative to lend a helping hand even if it slowed him down.”

For Bremer, though, the friendship he struck with Chase went beyond being in the same platoon. The two Sol-

diers discovered early on that they were from the same area in Maine and shared many common interests, Bremer said. He said they had made plans to spend time together at home after their training was completed.

“The one thing Chase talked about was the truck he wanted to buy when he got home and how it was going to be the biggest, baddest truck around,” Bremer said. “I have full intentions of buying that truck; and Chase will be with me riding shotgun everywhere I go.”

Chase, a native of Lewiston, Maine, died Feb. 20 from complications of pneumonia. He is survived by his mother, Rhonda Tilley, his father Sumner Chase, his stepfather Reginald Tilley, his stepmother Brenda Chase and seven siblings.

*Susanne.Kappler1@us.army.mil*

## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 17 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the March 17 Leader must be submitted by March 10.

Send your submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil). For more information, call 751-7045.





# Martins get new Semmes Lake home

By **STANLEY RIKARD**

*Directorate of Public Works, Wildlife Branch*

The Directorate of Public Works Wildlife Office and Family and Morale, Welfare and Recreation have high hopes that new housing on Semmes Lake will be occupied this spring by tenants from South America.

No, not family housing, but a newly erected pole with hanging gourds made for nesting birds, specifically Purple Martins.

Purple Martins are the largest member of the swallow family in North America, measuring 7 1/2 inches long and weighing 1.9 ounces. They spend the non-breeding season in Brazil then migrate to North America to nest. West of the Rockies and in the deserts they largely nest in their ancestral ways, in abandoned woodpecker nest cavities. East of the Rockies they are totally dependent on human-supplied housing.

“Martins have very specific needs and preferences when it comes to housing,” said Josh Arrants, wildlife technician. “Martin housing needs to be placed in the center of an open area, in close proximity to human housing.

“This site meets all the criteria for good martin nesting habitat. We hope that that the martins will use the hanging gourds for nesting, and return each year enhancing the enjoyment of Soldiers and families that come to Semmes Lake for recreation.”

— **Josh Arrants**  
*Wildlife technician, DPW*

The spacing of trees and proximity to water is also a “selling” point for the birds, who are drawn to the new housing by bird replicas. But the housing looks nothing like the bird houses often depicted in the comics. Instead of a bird-sized version of a traditional home,

the Purple Martin housing consists of five or six plastic gourds hanging from a tall metal pole.

“We selected commercially made gourds for our martin housing instead of other styles,” Arrants explained. “Gourds of the correct size and type seem to be preferred by martins over aluminum or wooden housing units. Martins have been nesting in human-supplied gourds for hundreds of years. Before Europeans first arrived in North America, Native Americans were attracting these purple swallows to their villages using natural hollowed-out calabash gourds.”

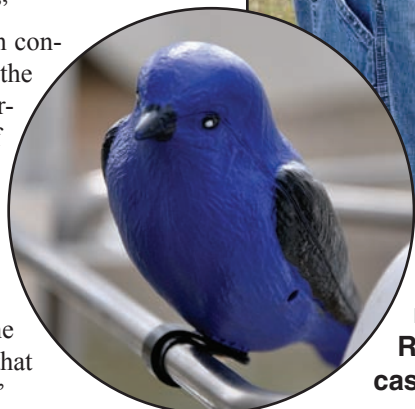
The birds are also good neighbors; as aerial insectivores — birds that eat flying insects — a flock will consume large numbers of insects daily, which is one reason people enjoy having a colony on or near their properties.

Another benefit to having a colony is the enjoyment of watching the birds’ aerial acrobatics as they soar in the sky.

“I also find their song is quite interesting to hear,” Arrants said. “If I had to describe it, I would say it sounds like laser beams with clicks and pops.”

Biologists in the Wildlife Office, in consultation with FMWR, determined the best location on the installation for martin housing is the northwestern side of Semmes Lake.

“This site meets all the criteria for good martin nesting habitat,” Arrants said. “We hope that that the martins will use the hanging gourds for nesting, and return each year enhancing the enjoyment of Soldiers and families that come to Semmes Lake for recreation.”



*Photos by CRYSTAL LEWIS BROWN*

Above photo, Josh Arrants, a wildlife technician with the Directorate of Public Works, raises the newly installed Purple Martin housing unit while Angie Russ, with Outdoor Recreation, looks on. At left, wildlife technicians say they hope that plastic bird replicas like this one will draw real Purple Martins to the Semmes Lake habitat.



# News and Notes

## REGISTRATION OFFICE RELOCATES

The Vehicle Registration and Physical Security offices will be closed after noon, Monday and all day Tuesday in preparation for their relocation to 4394 Strom Thurmond Blvd. Both offices will resume normal operations at the new location Wednesday.

## HOUSING OFFICE RELOCATES

The Housing Residential Communities Office has relocated to 2441 Essayons Way.

## WOMEN'S HISTORY LUNCH SET

The 2011 Women's History Month luncheon is scheduled for 11:30 to 1 p.m., Monday. Tickets are \$10 and can be purchased from brigade Equal Opportunity advisers, the Equal Opportunity Office or a unit representative.



<b>March 4 — 4 p.m.</b> Enchanted	PG
<b>March 4 — 7 p.m.</b> The Green Hornet	PG-13
<b>March 5 — 6 p.m.</b> The Rite	PG-13
<b>March 6 — 6 p.m.</b> The Green Hornet	PG-13
<b>March 11 — 4 p.m.</b> Kung Fu Panda	PG
<b>March 11 — 7 p.m.</b> No Strings Attached	R

Adults: \$4.50  
Children (12 and younger): \$2.25

Visit [www.aafes.com](http://www.aafes.com) for listings.

## FOR THE RECORD

The Feb. 17 issue of the *Leader* (Classy Home: Drill Sergeant School ribbon cutting set) incorrectly referred to the school's first black commandant.

According to the Drill Sergeant Program History Book, retired Command Sgt. Maj. Melvin Everson served as the school's commandant from 1986 to 1988. Retired Command Sgt. Maj. Chester Perry served as commandant from 1995 to 1998.

# Women's history month

# Volunteer served four decades

By KRIS GONZALEZ  
Special to the Leader

A few hours a week has turned into 40 years of selfless service for one of Fort Jackson's most loyal volunteers.

Esther Lovell, 84, who works in the ID card office, began volunteering at Fort Jackson in October 1970 while her husband, Sgt. 1st Class Huerta "Jimmy" Lovell, was finishing up a one-year tour of service in Korea.

During the 21 years prior, the native of former East Germany had accompanied her husband all around the world — from West Germany to Virginia, to France and Honduras — in support of his military career.

As she and her daughter settled in Columbia, the at-home mom decided she wanted to give back to the military community and to Soldiers who had played such a significant role in her own life.

"I was always grateful for American Soldiers, and I wanted to do something to keep busy," Lovell said. "The best thing (about volunteering) besides getting out of the house was doing something that I knew I could do to help."

She registered with Fort Jackson's Army Community Services volunteer program and began her first assignment stuffing folders for packets that would be given to Soldiers during in- and out-processing.

About a month before her husband was scheduled to return to Fort Jackson in 1971 to retire after 28 years of service, he unexpectedly became ill and died.

Despite her heartache, Lovell continued to volunteer at Fort Jackson, deciding it was one way for her to remain a part of the Army family.

Throughout the next four decades, Lovell gave a few hours of her time every Thursday; offering a helping hand at the lending closet, as a receptionist at on-post child care facilities and manning the front desk of the ID card office now located at the Strom Thurmond building. Lovell even made uniforms for her fellow volunteers in the early '70s.

"I insisted (ACS) get material and I made all of (the volunteers) the same uniforms," Lovell said.

Today, Lovell is the person responsible for packaging and shipping out ID cards turned in by personnel who come in to replace expired ones. She also ensures the proper forms are mailed and accounted for.

"She saves us four to five hours per



Courtesy photos

Above photo, Marilynn Bailey, volunteer coordinator, pins a corsage onto Esther Lovell during her induction into the Volunteer Hall of Fame in 1997. Lovell, now 84, has worked as a volunteer in various capacities at Fort Jackson since 1970. At right, Lovell is shown here with her husband, Sgt. 1st Class Huerta "Jimmy" Lovell, and daughter in this 1950s photo. Lovell continued to volunteer after her husband's death in 1971.



week of manpower," said Harvey Shiver, volunteer administrative assistant who has known Lovell for eight years. "She has been a great asset to the office. Without her, a (human resources assistant) would be pulled away from serving customers to do filing and mailing documents."

Shiver credits Lovell, who also assists with answering phones and providing up-to-date information to customers, for helping the DHR maintain its 98 percent average for customer service satisfaction.

"She has always provided outstanding customer service," Shiver said. "She always has a smile on her face and can be counted upon to do a great job."

"She loves what she does," Shiver continued. "And she doesn't like anyone else doing her job. She expects us to have everything ready for her when she gets in to the office. If we don't have her log books ready, she will let us know. It's like having your mother at work. We try to blame each other to get the heat off of us."

It's Lovell's maternal personality that makes her a joy to be around, Shiver said, especially because he knows every Thursday, "Ms. Esther" will bring in some type of homemade baked goods.

Sharon Jackson, team supervisor of the ID card office, who has known Lovell for nearly 11 years, agreed that Lovell has a kind heart, but more importantly, she's someone she can always depend on.

"There are many days that she didn't feel well but still came in to work because she felt her job needed her," Jackson said. "She truly is a reliable person and someone I feel honored to have as part of my department."

Shiver and Jackson both said they hold Lovell in high regard.

"Anyone who dedicates time and service to our troops and their family members for over 40 years deserves a pat on the back," Shiver said.

Kris.Gonzalez1@us.army.mil



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"Fort Jackson Leader."

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# Chandler sworn in as 14th SMA

By J.D. LEIPOLD  
Army News Service

WASHINGTON — The Army's 14th sergeant major of Army was sworn in during a standing-room-only ceremony Tuesday in the Pentagon.

Command Sgt. Maj. Raymond F. Chandler III, a 30-year veteran, was administered the oath of office by Army Chief of Staff Gen. George W. Casey Jr.

Following the arrival of the official party, Casey welcomed the newest SMA, his wife, Jeanne and their six children to the nation's capital. Casey then told the audience it was a "great day to be a sergeant"—which brought on a rousing "hooah" from the crowd.

"As I looked at trying to figure out who the next sergeant major of the Army ought to be, it was a very difficult task because frankly we have an Army that is replete with talent in our noncommissioned officer corps, and nowhere is it more pronounced than among our sergeants ma-

jor," Casey said.

Casey outlined Chandler's career, highlighting his last position, where he was the first enlisted Soldier to serve as commandant of the Sergeants Major Academy. Chandler had previously served as the academy's command sergeant major. The chief said what impressed him most about Chandler's career was the series of assignments that demonstrated such a range of experience in a senior enlisted leader.

"As I looked at what he'd done, it struck me that I hadn't seen this much versatility in very many noncommissioned officers," Casey said, noting his experience in both armor and Javelin units throughout the world. The general also noted his service as a command sergeant major during combat in Iraq.

"He brings a great wealth of talent to this position, from the operational side,



CHANDLER

the installation side, the institutional side and the Reserve Component side," Casey said. "He has a deep understanding of what it means to be a citizen Soldier, and I think he'll bring that to bear here as we go forward trying to operationalize the Guard and Reserve."

Chandler served a three-year tour as an active duty advisor to the 155th Armored Brigade, Mississippi National Guard, in Tupelo, Miss.

Then Casey offered advice to Chandler: "Be a role model for every Soldier. Be a mentor for every sergeant, and be a hard-nosed adviser to the secretary and me."

Following administration of the oath, Chandler took the podium, thanking first his family, friends and senior leaders along with those who had guided him through his career.

"I am humbled," Chandler said of his

selection as SMA. "Many of you I have served with, and I am a product of your leadership. I'm here because you saw faith in me and counseled me and coached me and helped me develop into being a professional as part of this profession of arms."

"Each of you has upped my life or another noncommissioned officer's life in some way which has taken us to this place where our Army is today — we have the best Army that our nation has ever fielded, there's no doubt about it," Chandler said. "But our Army is also tired, and we have many more miles to travel, so all of us as a family need to look out for one another and to wrap our hands around those Soldiers and families who have borne the burden of these many years."

"As the Army's sergeant major, I will serve as a scout and conduct reconnaissance with the chief and provide him with information that he can turn into intelligence with the secretary and make informed decisions for our families and Soldiers so that we can best serve our nation," he continued.

## Housing Happenings

□ Douglas Turey received a \$15 gift card as January's coloring contest winners. Complete and submit a coloring sheet to be entered into the monthly coloring contest. All submitted coloring sheets are on display at the Community Center.

□ Staff Sgt. Daniel Canto and family received \$100 as the January winners of the costumer comment card drawing. Fill out a comment card after interacting with Balfour Beatty staff and be entered into a monthly drawing.

□ Balfour Beatty is now accepting geographical bachelors and bachelorettes for on-post housing. Call 738-8275 for more information.

□ Energy-saving tip: Using just two fewer plastic bags per week can make a big difference. Use a reusable bag instead of plastic, which is more durable and contributes to conservation efforts. For more "Live Army Green" energy saving ideas, visit [www.balfourbeattycommunities.com/livearmygreen](http://www.balfourbeattycommunities.com/livearmygreen).

□ Refer someone to live on post and receive \$250. For more information, call 738-8275.

□ Balfour Beatty is now on Facebook. Search "Fort Jackson family housing" and click "like" to stay up to date on housing happenings.

### CONSTRUCTION UPDATE

□ To date, 282 homes have been completed.  
□ There are a total of 663 homes demolished to date.

□ A portion of Parker Lane is currently closed. Accessibility will be maintained via Chesnut Road to allow access to various buildings, including the Child Development homes.

## Building resilience



Photo by SUSANNE KAPPLER

**Maj. Gen. James Milano, Fort Jackson's commanding general, cuts the ribbon to signify the opening of the post's Family Life and Resiliency Center. Also pictured, from left, are Chaplain (Maj.) Charles Kuhlman, family life chaplain; Milano's wife, Kim; and Chaplain (Col.) Bart Physioc, installation chaplain. The center, which currently operates by appointment only, will offer members of the Fort Jackson community a place to receive confidential counseling, as well as provide resiliency resources.**



# Tests put focus on combat

Continued from Page 1

The second test introduced, the Army Combat Readiness Test, will be performed in the Army Combat Uniform. Soldiers will run 400 meters carrying their weapons before entering a course that includes individual movement techniques, an ammo can shuttle sprint, a casualty drag and an agility sprint.

Palkoska and his staff will conduct a pilot of the new tests on eight installations, including Fort Jackson. The pilot is tentatively scheduled to run through July and will include between 7,000 and 10,000 male and female Soldiers of different age groups, military occupational specialties and Army components who will take both of the proposed tests. The results will be analyzed to create a scoring scale for the new tests. The pilot will also determine how often each test will be administered.

Hertling said a firm timeline has not been established, but he hopes to see the APRT and ACRT implemented in early 2012.

“It will require a culture change,” he said. “We’ve got a lot of folks who believe that if you score 290 or above on the APFT you are in great shape and prepared for any combat mission. We’re here to tell you, ‘That’s not the case.’”

*Susanne.Kappler1@us.army.mil*



Photo by SUSANNE KAPPLER

Sgt. 1st Class Cornelius Trammell, with the Army Physical Fitness School, navigates the high crawl obstacles of the Army Combat Readiness Test lane Tuesday during a demonstration at the Drill Sergeant School. The ACRT is one of two new tests proposed to replace the Army Physical Fitness Test as early as next year.

Event	Components Assessed		
	Strength	Endurance	Mobility
60-Yard Shuttle Run	Lower-Body Muscular Strength	Anaerobic Power	Speed Agility Coordination
1-Minute Rower	Total-Body Muscular Endurance		Total-Body Coordination
Standing Long Jump	Lower-Body Muscular Strength		Lower-Body Power
1-Minute Push-up	Upper-Body Muscular Endurance		Trunk Stability
1.5-Mile Run	Lower-Body Muscular Endurance and Aerobic Capacity		Speed Stability

Event	Components Assessed		
	Strength	Endurance	Mobility
400-Meter Run w/WPN	Upper-Body Muscular Endurance & Anaerobic Power		Coordination Speed Stability
Individual Movement Techniques	Upper-and Lower-Body Muscular Endurance		Agility Balance Coordination Speed Stability
Ammo Can Shuttle Sprint	Total-Body Muscular Strength & Endurance		Agility Coordination Speed Stability Power
Casualty Drag	Total-Body Muscular Strength & Endurance		Agility Coordination Speed Stability Power
Agility Sprint	Lower-Body Anaerobic Power		Speed Power

Far left, the Army Physical Readiness Test consists of five events compared to three events that are tested during the current Army Physical Fitness Test. Left, The requirements of the Army Combat Readiness Test are modeled after situations Soldiers are likely to encounter in combat. The ACRT is designed to be performed in Army Combat Uniforms. The APRT and ACRT will be tested during a pilot phase before being submitted for approval by the chief of staff of the Army. Fort Jackson will be one of eight installations participating in the pilot phase.

*U.S. Army graphics*



## Family Matters



*Why do Soldiers have to pay for care when the child care facility is closed and why do some parents have to pay more than others for the same services?*

Soldiers who enroll their children in a full- or part-day program pay a monthly (or bi-monthly) rate regardless of the number of days of service. The rates do not fluctuate from month to month and are similar to tuition payments in a private school or any annual payment divided into monthly installments.

We do not increase the cost for months that have 23 operating days rather than 20 operating days, nor do we decrease the cost for months that include a federal holiday. The 10 federal holidays are covered in the program/sponsor agreement (contract) as days that services will not be available.

The fees for full- and part-day services are less than the per hour cost (\$4 per child per hour) that would be charged if paying an hourly rate. In consideration for these lower costs (less than \$3 per hour), there

is no reduction in the fees based on the operating days. Soldiers who use hourly child care do not pay for services when the facility is closed.

### THE SLIDING FEE SCALE

In 1990, the Department of Defense established a fee policy for all military child care programs in response to the Military Child Care Act passed by Congress in 1989. In the Military Child Care Act, Congress directed that the military services establish fees based on family income to ensure that child care is affordable for all. Consequently, child care fees for full and part day options have been based on total family income since that time. Congress also directed a dollar-to-dollar match between parent fees and appropriated funds, and consequently, regardless of the Soldier's income category, the cost of child care is subsidized for everyone. The true cost of child care exceeds the fees paid by all patrons regardless of income category.

Many Soldiers who pay in the top income category are under the impression that they are subsidizing the cost of care for those individuals paying in the lower income categories, but that is not accurate; the cost of care is subsidized for Soldiers and families in all income categories.

Although trying to put child care costs into perspective does not help a family pay the bills, it may help one understand why the cost is so high.

The average child care recipient leaves his or her child in care for 9-10 or more hours a day. During that day, the child receives two meals and a snack. In a month's time, a child may receive 200-plus hours of care and 60-plus meals and snacks.

Even at category IX, our highest income category, that puts the cost of care at \$2.76 per hour — less expensive than any other personal service that comes to mind, less than what parents report paying a teenage babysitter and less than the Army's current hourly care rates at \$4 per hour per child.

*Editor's note: This week's Family Matters question was answered by Rose Edmond, chief of Child, Youth and School Services.*

## Family Happenings

### BRIGHTSKIES CLASSES

SKIESUnlimited is offering Bright SKIES Academy Early Learning Classes. The spring session runs through May 26. Classes are 9 to 10:30 a.m., Mondays, Wednesdays and Fridays at 5899 Chesnut Road. Students learn basic academic skills, such as pre-reading and writing, pre-math, recognizing letters and how to write their names.

Children must be fully potty-trained, and must be 3 by Sept. 1. Four-year-olds may attend if they are ineligible for Strong Beginnings and will not be eligible to attend school during the 2011-2012 school year. Call 751-4865/4824 for registration or enrollment questions. Call 751-6777 for questions about SKIES programs.

### RICHLAND ONE TRANSFERS

The application dates for school transfers within Richland One runs through May 1. Richland One parents requesting a student transfer to a new school must apply during this time period in order to be considered for a transfer for the 2011-2012 school term.

Application forms are available at [www.richlandone.org](http://www.richlandone.org). Forms also may be picked up at the Registrar's Office, 1310 Lyon St. Call 231-6944 for more information.

### POST HOMESCHOOLERS

The Fort Jackson Homeschool Group meets throughout the school year on Fridays. Call Bethany Storlazzi at 419-0760 or e-mail [john-lazzi@yahoo.com](mailto:john-lazzi@yahoo.com) for times and locations.

## Reading Across America



*Photo by JAMES ARROWOOD*

**Maj. Gen. James M. Milano reads to second graders at Pierce Terrace Elementary School Tuesday as part of the Read Across America program. Milano read Marie Bradby's, "More Than Anything Else," a fictionalized story about the life of a young Booker T. Washington. Milano said reading to the children would be one of the most important things he did this week.**



# Memorial shows Army, family bond

As I sat on the plane bound to Fort Jackson, I reflected on the past two days spent with the Chase and Tilley families and a young Soldier, Pvt. Jordan T. Chase, whom we lost the week prior in Basic Combat Training. A few hours earlier, I sat in the First Congregational-Christian Church in New Gloucester, Maine. That cold, snowy afternoon, the church was packed with almost 200 people.

In the rear of the church were youth from the local high school, in the middle pews were people intermixed of all ages — some in suits and several in high school JROTC uniforms. In the front row sat the extended family, staring quietly at the flag-draped coffin situated at the base of the raised stage. I sat with a mixed group of active duty and National Guard officers and noncommissioned officers two rows behind the family taking in the tragic, but glorious gathering to remember and mourn the loss of Pvt. Chase.

The pastor began the service, and she recollected Chase’s days in church as a young boy, and then a young man. A military chaplain from the local National Guard unit came to the pulpit and spoke of Jordan’s desire to serve his country. The uniform of the chaplain, and the dozen or so other military officials within the church, told the subtle story that Chase was not just a local member of the community, but a Soldier who had traveled beyond his hometown to South Carolina to begin his military journey.

Jordan’s uncle spoke next; talking of a young boy who loved sports and playing outside. He spoke in such detail that you can imagine the young red-haired boy running on the baseball field or inside of the high school gym. He shared the private’s plans to serve his country and his decision to join the Army. I was caught by the undercurrent of duty and service to the nation in his words — the same feeling shared with me by all of his family when I had entered the funeral home the day prior to express the regrets of our Army for their loss.

The next person to speak is Chase’s drill sergeant,

**LT. COL. BRYAN HERNANDEZ**  
*Commander,  
3rd Battalion,  
34th Infantry Regiment*



Staff Sgt. Joshua Kaplan. Facing hundreds of people, the drill sergeant thanked the family for the opportunity to be there. His words are firm, but compassionate. Kaplan, in his pressed uniform and solid appearance, reflected on his time spent training Jordan. His language and tone portrayed a level of professionalism that resonated throughout those gathered and offered a surprising glimpse into the world Pvt. Chase had entered into. He talked about how Chase performed as a Soldier in Basic Combat Training; never giving up, always working as a team player. He shared how Pvt. Chase demonstrated the treasured characteristics of courage and duty while a member of his platoon.

He then said that the values Jordan displayed were not from the Army, but ingrained within him by his family. The words pierced like an arrow; such honesty from the iconic drill sergeant touched a deep spot with the family and they began to weep. He concluded by telling the family that the unit will miss him and that the members of his platoon still mourn his loss. I sat in amazement at the words spoken by the drill sergeant and the level of empathy demonstrated by this stern combat veteran. His presence filled a void within the room.

The local congressman and the National Guard unit, which Jordan had enlisted as a member, presented the family with a gold star and letter of condolence from the governor of Maine. The pastor then called me forward to

present the Army medals we brought from Fort Jackson for the family. A command sergeant major reads the award citation as I presented a framed certificate and medal for his achievement while assigned to our unit for training. I then presented the certificate of Basic Training completion, awarded posthumously.

As I handed the first training certificate to his mother, seated with tears rolling down her cheeks, I felt my eyes swell with emotion. I leaned forward and told her that I wished I could have presented this certificate on Hilton Field at our normal graduation ceremony. I told her that in my mind, he had graduated and died a Soldier. I then turned to his father and repeated those words. He extended his hand and I shook it, looking at a father’s tear-filled eyes, once again apologizing for a life cut short too soon. The last item I presented was our battalion coins to his brothers and sisters. As I shifted down to each sibling, I handed them each a coin and told them that they should always be proud of their brother because he was a Soldier.

The pastor reassumed her lead to take the mourners through the remainder of the ceremony. Jointly, we all read from Psalm 23, which reinvigorated a sense of hope and understanding into an incomprehensible event. Then everyone stood up and we sang, “It is Well with My Soul.” The last chorus rang true throughout the congregation, and the words and melody eased the sense of loss within all. The memorial ended with the Lord’s Prayer and benediction.

Although Pvt. Chase was in the military for a period of six weeks, it seemed much longer. The military, which could easily have been rejected by the family, was embraced during this tragic time. Pvt. Chase enjoyed two families; those of his relatives in Maine, and those who called him a fellow Soldier. As I left Maine to return back to Fort Jackson, I felt both a sense of loss and gain — the loss of a Soldier in our unit and the thought that we have gained a family in Maine forever.

I believe that Jordan would be proud.

## AER campaign under way

**Andy Cohen, deputy director for Finance and Army Emergency Relief treasurer, addresses the audience as guest speaker for the Army Emergency Relief campaign kickoff Tuesday. AER is an Army program that helps Soldiers in financial need. The campaign, which has as this year’s theme, “Helping to Make Soldiers and their Families Army STRONG,” runs through May 15.**

*Photo by JAMES ARROWOOD, command photographer*



## LETTERS

*The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes. The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@conus.army.mil.*



“Like” Fort Jackson on Facebook by logging into Facebook and searching for the Fort Jackson Leader.



March Promotions

Name	Rank	Name	Rank	Name	Rank
WEAVER, Thomas M.	COL	ALICEA, Jessica	SFC	RICHARDS, William C.	SFC
BURKHARDT, Todd A.	LTC	ALLEN, Thomas E. Jr.	SFC	ROBINSON, Lydwina G.	SFC
GUMBS, Lisa L.	LTC	AVERY, Darryl A.	SFC	SCIPIOJONES, Yolanda D.	SFC
McCORMICK, Shon A.	LTC	COZART, Jacques C.	SFC	STATEN, Jamie M.	SFC
McHALE, Stephen R.	LTC	CUMMINGS, Edward A.	SFC	GARDNER, Jeffrey.	SSG
STRATMAN, Derek C.	LTC	DUNKELBERG, Nathan A.	SFC	HICKSON, Josh	SSG
VILE, Brian D.	LTC	EDDINS, Pamela R.	SFC	LUALLEN, Thomas	SSG
DESCHAMPS, Bethany A.	MAJ	EVANS, Brian D.	SFC	MATTHIS, Jermaine	SSG
WAINWRIGHT, Kevin E.	MAJ	GARCIA, Nathaniel	SFC	MERRITT, Michael	SSG
HOLLIST, Emmanuel O.	1LT	HEINZ, Jacob L.	SFC	NICOLAS, Luis A.	SSG
HRABAR, John P.	1LT	HILL, Anthony T.	SFC	NUNEZ, Josue E.	SSG
PIERCE, Tiffany R.	1LT	JOHNSON, Lauren L.	SFC	PREWITT, Latrisha S.	SSG
SAMUELS, Lolien L.	1LT	KENDALL, William S.	SFC	SHELDON, Brandon	SSG
YOUNG, Barry C. Jr.	CW4	KLARK, Robert L. Jr.	SFC	COFFEY, Joseph H.	SGT
ALGER, Timothy L.	CW3	MACK, Troy A.	SFC	GOODMAN, Kelly R.	SGT
COSSEY, James E.	CW3	McLENDON, Sheroda L.	SFC	JOHNSON, Jonathan	SGT
DOEGAH, Perry K.	CW2	MIDDLETON, Latarsha M.	SFC	LINEN, Katina	SGT
FORD, Anneka M.	MSG	ORR, Keith A.	SFC	TURPIN, Brian S.	SGT
JOSEPH, Eulalie P.	MSG	PRINGLE, Sashagaye R.	SFC		
RIVERA, Elizabeth	MSG	RANEY, Charles J.	SFC		

Civilians honored



Col. Ramona Fiorey, commander of Moncrief Army Community Hospital, presents awards to MACH's civilians of the year, Darlene Wilbur, left, and Mandy Poston, during a ceremony Feb. 24. Wilbur works with the Nutrition Care Division. Poston works with the Department of Pharmacy.

Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Training honors



Sgt. 1st Class  
Jeffrey Bailey  
Distinguished honor graduate  
Training Support Battalion  
Paralegal specialist course



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news and  
updates.





A color guard with the U.S. Army Drill Sergeant School “posts the colors” during the school’s ribbon-cutting ceremony at Fort Jackson Feb. 23.



The school’s first drill sergeant leaders and the first female Drill Sergeant of the Year were among those who attended last month’s ceremony. From left, Jim Ross, Earl Ballard, Joe Rush, Ernest Jones, Kenneth Miller, Charles Richards, Glen Grant and Wayne Marge.



Sgt. 1st Class Damon Brown Sr. leads drill sergeant leaders and drill sergeant candidates onto the field during the USADSS ribbon-cutting ceremony last week.



Command Sgt. Maj. Ronald Law Jr., commandant of the Reserve Drill Sergeant School, Command Sgt. Maj. Teresa King, commandant of the USADSS and Sgt. Maj. Robert Maggard, deputy commandant of the USADSS, review the troop formation during the school’s ribbon-cutting ceremony. The Reserve Drill Sergeant School is merging with the USADSS, making the schoolhouse the only school to drill sergeants in the Army.

# A new place to hang their hats

*Ceremony marks opening of new Drill Sergeant School*

Photos by JAMES ARROWOOD



CMYK

CMYK

27" WEB-100



Calendar

**Today**  
**Tobacco cessation orientation**  
3 to 4 p.m., Moncrief Army Community Hospital, third floor, staff conference room

**Fort Jackson school board meeting**  
4 p.m., C.C. Pinckney Elementary School

**Friday**  
**First Friday golf**  
1 p.m., Fort Jackson Golf Club

**Monday**  
**Women's History Month luncheon**  
11:30 a.m. to 1 p.m., Solomon Center  
**Tuesday**  
**Job fair**  
9 a.m. to noon, Solomon Center  
More than 45 employers will be attending. For more information, call 751-6062/6974.

**Wednesday**  
**ADHD workshop**  
9 a.m. to noon, Joe E. Mann Center, ballroom  
Topics discussed include understanding ADD/ADHD, functional behavior assessments, behavioral intervention plans and teaching strategies. For more information and to register, call 751-6150.

**ROWC luncheon**  
11:30 a.m., Officers' Club  
Reservations or cancellations are required by 3 p.m., March 4. For more information, call 788-1094 or 783-1220.

**Saturday, March 12**  
**West Point Society Founder's Day celebration brunch**  
9:30 a.m., Officers' Club  
To register, visit <https://secure.west-point.org/wps-columbia-sc/foundersday>. For more information, e-mail [sarah.s.noyes@conus.army.mil](mailto:sarah.s.noyes@conus.army.mil).

**Monday, March 14**  
**Sergeants Major Association spring golf tournament**  
9 a.m., registration; 10 a.m. tee off  
For more information, e-mail [Christopher.W.Chapman@us.army.mil](mailto:Christopher.W.Chapman@us.army.mil) or call 569-9493.

**Tuesday, March 22**  
**Fatherhood forum**  
7 to 8:30 p.m., Family Readiness Center  
For more information, call 751-6325 or e-mail [Charles.Gregory.Lewis@us.army.mil](mailto:Charles.Gregory.Lewis@us.army.mil).

**Tuesday, March 29**  
**American Red Cross volunteer recognition**  
11:30 a.m. to 1 p.m., NCO Club  
Lunch is free for active volunteers who register in advance. Tickets are available for guests. To RSVP, call 751-4329.

Housing events

*All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.*

**Ongoing**  
**Pals for Paws drive**  
Donate towels, newspapers, blankets and pet food for the Pals for Paws drive to benefit local animal shelters.

**Friday, March 11**  
**Plastic bottle bird feeders**  
3 p.m.  
Assemble bird feeders from plastic drink bottles. Materials will be supplied. RSVP to Alana by March 8.

**Thursday, March 17**  
**St. Patrick's Day shamrock planting**  
3 p.m.  
Celebrate St. Patrick's Day by planting shamrocks. Balfour Beatty will provide the materials while supply lasts.

**Friday, March 18**  
**Pierce Terrace 7 neighborhood huddle**  
Noon, in the cul-de-sac of Moses and Carter  
Lunch will be provided. Attendees should bring chairs. Residents of Pierce Terrace 7 are encouraged to attend.

**American Red Cross blood drive**  
9 a.m. to 2 p.m.  
Contact Alana to schedule a donation time. Every donor will receive giveaways.

Announcements

**DINNER MURDER MYSTERY SET**  
Enjoy dinner and a murder mystery during Murder 101, 5:30 p.m., Saturday at the Officers' Club. This interactive comedy murder mystery is set at a reuniting of classmates of a closing high school. Cost is \$10.95 for club members and \$12.95 for others.

**STRESS REDUCTION COURSE**  
Army Substance Abuse Program will offer a six-week stress and anxiety reduction course starting March 23. The group will meet 3 to 4:30 p.m. at the 7th floor group

room at Moncrief Army Community Hospital. For more information and to register, call 751-6597.

**FLTCIP OPEN SEASON**  
Open season for the Federal Long Term Care Insurance Program will run April 4 through June 24. For more information on the program, visit [www.ltcfeds.com](http://www.ltcfeds.com) or call 1-800-582-3337,

**BEWARE CAC PIN SCAM**  
The operational security team has identified an e-mail "phishing" scam asking CAC users to long onto a website and share their PINs. A CAC user will be never be asked to share his or her PIN. Also, be wary of opening or responding to unsolicited e-mails without verifying authenticity.

**TAX CENTER HOURS**  
The Fort Jackson Tax Center operating hours on Mondays and Wednesdays are 9 a.m. to 9 p.m. The operating hours for Tuesday, Thursday and Friday are 9 a.m. to 4 p.m. The Tax Center is located at 4330 Magruder Ave. Call 751-JTAX (751-5829) for information.

**RECRUIT THE RECRUITER**  
The Recruit the Recruiter team will offer briefings to Soldiers in the rank of E5 through E7 about the benefits, challenges and qualifications for becoming a recruiter. The presentations are scheduled for 2 to 4 p.m., March 14 through 16, and 10 a.m. to noon, March 15 through 16. All presentations will be at the Education Center, Room B-200.

**THRIFT SHOP OFFERS PROM HELP**  
The Thrift Shop has started "The Golden Carriage Project," which is aimed at girls attending a junior or senior prom. The Thrift Shop offers prom dresses to students with military and school ID cards. The Thrift Shop also accepts gown donations for the program.

**RED CROSS SEEKS VOLUNTEERS**  
The Fort Jackson Red Cross is looking for leadership volunteers. Available positions include hospital chair, youth chair and fundraising chair. For more information, call 751-4329 or e-mail [jacksonredcross@yahoo.com](mailto:jacksonredcross@yahoo.com).

**MILITARY ONESOURCE TAX FILING**  
Military OneSource provides free tax consultation and online tax filing services to active duty, Reserve and National Guard service members and their families. Participants must register at [www.militaryonesource.com](http://www.militaryonesource.com).

**PALMETTO TRAIL CLOSURE**  
The Palmetto Trail is closed for timber harvesting between Heise's Pond and Division Road. The trail is expected to be closed until March 31.

**PHONE BOOK RECYCLING**  
The Fort Jackson Recycling Center, 5671 Lee Road, will accept telephone books for recycling through March 31.

**MG JAMES URSANO SCHOLARSHIP**  
The MG James Ursano Scholarship program is now accepting applications. It provides children of active-duty, retired or deceased Soldiers with financial assistance to pursue a four-year college degree. Students must apply each year. For more information, visit [www.aerhq.org](http://www.aerhq.org) or call 751-5256.

**SCHOLARSHIPS FOR SPOUSES**  
The AER Stateside Spouse Education Assistance Program is accepting applications through April 1. The scholarships are available to Army spouses and are awarded based on financial need. For more information, visit [www.aerhq.org](http://www.aerhq.org) or call 751-5256.

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil).*

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations.  
Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil). For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.  
For information about display advertising, contact Kathy at 786-5681.

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.

The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

Leader deadlines

Article submissions are due two weeks before publication.  
For example, an article for the March 17 Leader must be submitted by today.

Announcement submissions are due one week before publication.  
For example, an announcement for the March 17 Leader must be submitted

by March 10.  
Send submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).





Travel show



Photo by SUSANNE KAPPLER

Patrick Green, right, who works for the Directorate of Public Works, thanks Jaron Jeffers for giving him information about Great Wolf Lodge, a water park in North Carolina, during the Victory Travel Extravaganza Monday at the Solomon Center. The travel fair featured exhibits from agencies and travel-related companies that offer discounts to members of the military community.

Play turns post into murder scene

By THERESA O'HAGAN  
Family and MWR

Murder 101 is an academic whodun-it no one wants to fail. This interactive comedy murder mystery begins with the reuniting of classmates of a closing high school. As the various alumni gather to say good-bye to their beloved alma mater, old rivalries and new alliances reveal that murder and mayhem add up to more uninvited guests. Will the school nurse reveal a hidden secret? What did the prom queen do that night? Has a glee club member gone

“off key?” What was said during the infamous football playoff game huddle?

Audience members are encouraged to take notes and ask questions. A buffet dinner will be served, of course, and slow dancing may be allowed but carefully monitored by former faculty. Dressing up is optional.

All will be revealed on Saturday, at the Officers’ Club. Doors open at 5:30 p.m. Dinner and the show start at the Officers’ Club. The Mystery Theater portion is approximately two and one-half hours long with one intermission. Audience members may chose to par-

ticipate or just observe and enjoy.

On the menu for dinner is fresh garden salad with house dressing, chicken breast royale, lemon pepper baked fish and smoked sliced beef sirloin, squash casserole, steamed fresh asparagus, fresh new potato home fries, wild rice vegetable pilaf, French bread, rolls, butter, coffee and tea and for dessert — cheesecake with toppings. A cash bar will be open. Tickets for club members are \$10.95 and all other guests are \$12.95. Dress is casual attire.

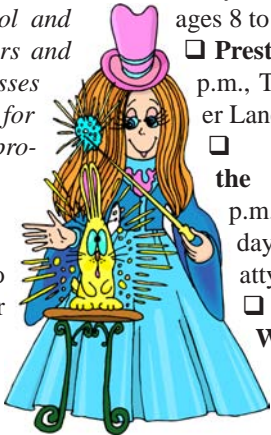
To make a reservation, please call 782-8761.

MARCH CLASSES

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour. Call 751-3053 for more information about the programs listed below:

EDGE! CLASSES

- ❑ **Project Runway** — 3:30 to 5 p.m., Mondays, 5955 Parker Lane. For ages 8 to 15.
- ❑ **Bling it with the EDGE!** — 3:30 to 5 p.m., Tuesdays and Thursdays, 5955-D Parker Lane. For ages 10 to 18.
- ❑ **House of Cards** — 3:30 to 5 p.m.,



Fridays, 5955-D Parker Lane. For ages 8 to 15.

- ❑ **Presto! It's Magic** — 4 to 5 p.m., Tuesdays, 5955-D Parker Lane. For ages 10 to 18.
- ❑ **On Target with the EDGE!** — 4 to 6 p.m., Wednesdays and Fridays, meet at Balfour Beatty. For ages 11 to 18.
- ❑ **Leprechaun in Late Winter** — 3:30 to 5 p.m., Thursday, Post Library. For ages 6 to 10.

SKIES Classes, including Bright SKIES,

are for children 2.5 to 18 years old. For a complete list of classes, visit <http://fortjacksonmwr/skies> or call 751-4865.

SKIES/BRIGHT SKIES CLASSES

- ❑ **Bright SKIES Academy** — 9 to 10:30 a.m., 5899 Chesnut Road, Mondays, Wednesdays and Fridays. For 3- to 4-year-olds. Cost is \$75 per month.
- ❑ **Pre-school Spanish** — 9 to 10 a.m., 5899 Chesnut Road, Tuesdays and Thursdays. For 3- to-5-year olds. Cost is \$60 per month.
- ❑ **Beginner Spanish** — 4:30 to 5:30 p.m., Mondays, 5899 Chesnut Road. For children 5 and older. Cost is \$40 per month.

FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Karaoke. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while they last.
- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for "Get a pie for your reservation" brunch. For more information, call 782-8761.

WEDNESDAY

- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**
- ❑ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- ❑ The annual FMWR Fitness Challenge runs through April 4. Participants must be fitness members to compete in one of three categories; fitness, weight loss or total lifestyle change. Fitness memberships are \$30 a month. Call 751-5768 for more information.
- ❑ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ❑ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. For more information, call 751-4865.
- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.



# March is National Nutrition Month

By MAJ. BETHANY DESCHAMPS, R.D.  
Moncrief Army Community Hospital

Every March is designated as National Nutrition Month by the American Dietetic Association. This year’s theme is “Eat Right with Color.”

Making informed food choices and developing sound eating and physical activity habits are critical for optimal health and weight management. One goal the ADA wants Americans to focus on is to add more colorful and nutritious foods to their plates. Adding more color to the diet, especially fruits and vegetables, adds a variety of nutrients that are beneficial for health.

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks. Examples include avocado, apples, grapes, kiwi, lime, artichoke, asparagus and broccoli.

Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce some cancer risks. Examples include apricot, grapefruit, mango, papaya, peach, carrots, yellow pepper and sweet potatoes.

Purple and blue options may have antioxidant and anti-aging benefits and may help reduce cancer risks. Examples include eggplant, purple cabbage, blackberries, blueberries, plums, and raisins.

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks. Examples include cherries, cranberries, strawberries, red grapes, beets, red onions, red potatoes and tomatoes.

White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce some cancer risks. Examples include bananas, brown pears, cauliflower, mushrooms, and turnips.

ADA also designated March 10 as “Registered Dietitian Day.” RDs are required to hold a bachelor’s degree in the field of nutrition or dietetics and complete an approved supervised internship. That is the difference between RDs and those who identify themselves as “nutritionists.”

Many RDs also hold advanced degrees in the field of nutrition, business administration, health care administration and certifications in pediatrics, diabetes education, nutrition support and sports nutrition.

What can a registered dietitian do for you? If you suffer from chronic conditions such as obesity, high cholesterol,



high blood pressure, diabetes, food allergies, or just want to eat better, an RD can help you reach your nutrition goals.

For questions about how to make an appointment with an RD, call the MACH Nutrition Clinic at 751-2115.

***Editor's note:** The RDs at Fort Jackson are Lt. Col. Sonya Cable, who works with TRADOC to educate our Soldiers in training and drill sergeants; Maj. Bethany Deschamps, chief, Nutrition Care Division at MACH; and Capt. Emily Smith, chief of Clinical Dietetics at MACH.*

**23 TIPS TO IMPROVE YOUR HEALTH**

Incorporate these 23 tips into your lifestyle and improve your overall health!

- ❑ Make ice water your primary beverage of choice every day. Water is the best fluid for the body for hydration. Putting it on ice may also burn a few more calories.
- ❑ Choose at least one serving of fruits and/or vegetables at each meal and snack.
- ❑ Eat a small meal or snack every three to four hours.
- ❑ Commit to taking at least a 10 minute walk every day.
- ❑ Do something good for your heart — eat oatmeal for breakfast at least three times per week.
- ❑ Try to take at least 20 minutes to eat a meal or snack.
- ❑ Limit red meat consumption to six ounces per week.

Choose fish, poultry or beans/legumes instead to ensure adequate protein intake.

- ❑ Eliminate at least one high fat/high calorie condiment from your diet.
- ❑ Strive to make 100 percent of your grains whole.
- ❑ Save calories and fat by doubling up on vegetables at dinner instead of starches and meat.
- ❑ Limit intake of desserts to once a week.
- ❑ Take time for breakfast.
- ❑ Don't drink your calories. Add up how many calories you consume each day in beverages.
- ❑ Enjoy one whole egg each day. The yolk is a great source of protein, choline, vitamin D and essential fatty acids.
- ❑ Eat out only once per week.
- ❑ Strive to get seven to nine hours of sleep per night.
- ❑ Switch all of your dairy products (milk, yogurt) to low-fat or non-fat.
- ❑ Beans/legumes are low in calories and fat, and are a great source of fiber, B Vitamins, and protein. Try to choose beans at meals three to five times per week.
- ❑ Limit television watching to only one hour per day.
- ❑ When shopping, purchase foods in their natural state and contain minimal additives and preservatives.
- ❑ Track how much added sugar you consume in your diet. Whole fruits and vegetables, plain yogurt and milk are the only foods that “naturally” contain sugar. All other foods, if they contain sugar, have had sugar added. Too much sugar leads to many health problems, including obesity.
- ❑ Avoid eating large meals or snacking on high-calorie foods within two to three hours of going to sleep.
- ❑ Get your dose of probiotics for better digestion. Yogurt is the best and most natural source of probiotics.

## MACH updates

### RADIOLOGY SERVICES AVAILABLE

The Moncrief Army Community Hospital Department of Radiology provides a wide range of imaging services for Soldier, family member and retiree beneficiaries. The following services are available with an order from a physician:

- ❑ Radiology (751-4606/2366)
- ❑ Diagnostic Radiology/Fluoroscopy (X-RAY)
- ❑ Imaging (751-2484/2417)
- ❑ Computerized tomography (CAT SCAN)
- ❑ Ultrasonography
- ❑ Mammography
- ❑ Bone densitometry
- ❑ Nuclear Medicine (751-2248)
- ❑ Nuclear medicine

MACH can also provide imaging studies for off-post beneficiaries with orders from network TRICARE providers. Please visit or call our department to schedule your

appointment.

### TEXT REMINDERS

Moncrief Army Community Hospital now offers appointment reminders by text message. To sign up, complete an opt-in form, which is available in the clinics and at the information desk. Completed forms may be left in those locations, as well. Reminders will arrive two to three hours before an appointment.

### LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga.

To be eligible, Soldiers must have 18 months left of active duty service. For more information, call 751-5406 or

visit the front desk in the EENT Clinic on the third floor of MACH.

### FLU VACCINATIONS SET

Seasonal flu shots are available to all eligible beneficiaries, 4 and older, 7 a.m. to 4 p.m., Tuesday through Friday, in Room 6-27, Moncrief Army Community Hospital. Children, newborns to 36 months, can receive vaccinations on a walk-in or appointment basis at the Family Health Clinic. Call 751-2210 for more information.

### TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members.

Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.



FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshall Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Col. Ronald F. Taylor**  
*Director,*  
*Emergency Services/Provost Marshal*  
**Sgt. Maj. Glen W. Wellman III**  
*Provost Sergeant Major*  
**Bill Forrester**  
*Fire Chief*

CASES OF THE WEEK

❑ A Soldier was charged with following too closely, using a cell phone while driving and having no driver’s license in possession in connection with a traffic accident, Military Police said. The Soldier struck another vehicle with his car, denting and scratching both vehicles, MPs said. No



one was injured.

❑ Two civilians were issued three-year post bar letters in connection with the theft of nearly \$400 in merchandise from the Main Exchange, MPs said. The civilians were charged with shoplifting three wireless video game controllers, one wireless video game headset and six video games. The civilians were released to their sponsors.

❑ A civilian was issued a three-year post bar letter during a traffic stop at Gate 2, MPs said. The civilian was charged with driving with a suspended license and failure to surrender a suspended license. The civilian’s license was suspended indefinitely for failure to pay traffic tickets, MPs said.



Court-martial

❑ Sgt. 1st Class Dwight H. Riley, a Fort Jackson drill sergeant in Company F, 1st Battalion, 13th Infantry Regiment, was convicted Feb. 28 at a general court-martial for indecent acts, cruelty and maltreatment of subordinates, violating the command policy prohibiting illegal associations between permanent party Soldiers and Soldiers-in-training, violating a lawful order from his commanding

officer and adultery.

Riley had more than 14 years of military service at the time of his court-martial.

Riley was sentenced to a reduction of rank from E7 to E1, forfeiture of all pay and allowances, confinement for three years and a bad conduct discharge from the Army. He will serve his confinement at Fort Leavenworth, Kan.



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by logging on and searching  
“Fort Jackson Leader”



# Get ‘Golf Ready’ with PGA program

By **THERESA O'HAGAN**  
*Family and MWR*

The Fort Jackson Golf Club, which hosts one of the PGA's Top 100 Get Golf Ready programs, is continuing the program again this year.

Get Golf Ready is a PGA nationwide program that ushers new, former and occasional golfers into the game. Get Golf Ready covers everything aspiring adult golfers need to know to start playing the game. The program includes group instruction over a three-week period. Players also receive on-course instruction on etiquette, speed of play and rules, as well as free rental clubs during the clinics and three supervised "on-course experiences." There also is a graduation scramble at the conclusion of the program.

"Golf is a great social sport," Kurt Sokolowski, FJGC head golf professional, said. "When you sign up for Get Golf Ready, you will be with a group of other like players learning the game. We will teach everything to make you feel comfortable from the moment you arrive at the

club; not just how to play the game."

Sokolowski said he knows that it can be overwhelming or intimidating to try something new. The Get Golf Ready program aims to takes the mystery out of golf by teaching students whom to ask for help, how to get a tee time, what to wear and golf fundamentals like etiquette, speed of play and rules.

"We strive to make it a fun and friendly environment for students to learn and continue to play the game," Sokolowski said. It's a nurturing process. We have the professional staff and the programs to encourage new and returning players into the game of golf."

The Fort Jackson Golf Club is offering seven Get Golf Ready sessions for 2011. Register online at [www.playgolffamerica.com](http://www.playgolffamerica.com). Go online for dates and times of all the Get Golf Ready and other Play Golf America programs scheduled at Fort Jackson or contact one of FJGC PGA professionals at 787-4437. The first session begins March 15, 5 to 6:30 p.m. The cost for each Get Golf Ready session is \$99 per person.



Leader file photo  
**Eric Wilson, the Fort Jackson Golf Club assistant golf pro, demonstrates a pitch for a group during last year's Get Golf Ready Program.**

## Sports shorts

**GOLF**

Registration is open through March 22 for intramural and recreational golf. League play begins April 5. Teams may have up to eight players. Matches are played 5 p.m., Tuesdays. To register, submit the players' names and team name to the Sports Office. A captains' meeting will be scheduled before league play begins. For more information, call the Sports Office at 751-3096.

**SHAMROCK SHUFFLE**

A Shamrock Shuffle 5K walk/10K run is scheduled for 8 a.m., March 12. Early registration runs through 3 p.m., Wednesday. Race-day registration is open from 6:45 to 7:30 a.m. To register, submit your first and last name, age and unit to the Sports Office. The walk/run is open to any ID card holder or authorized Family and Morale, Welfare and Recreation facility patrons. Call 751-3096 for more information.

**SPORTS OFFICE**

For information about sporting events, call the Sports Office at 751-3096.

### Winter basketball standings\*

Monday/Wednesday League		Tuesday/Thursday League	
VA**	9-1	NightFlyte**	10-0
81st RSC**	8-2	LOD**	8-1
120th	8-2	80th**	7-2
MEDDAC	8-2	SSI/TSB	7-4
Swampfoxes**	7-2	187th	6-5
SCNG**	5-5	1-61st	5-3
3-34th	4-7	4-10th	5-4
2-39th	4-5	81st	5-5
1-34th	4-5	3-60th	2-7
171st	3-7	193rd	2-9
1-13th	2-9	2-60th**	1-9
Enforcers**	2-8	165th	1-10
TFM	0-9		

\*Standings as of Wednesday morning  
\*\*Denotes recreational teams

### Swim meet results (by sex/age)

- 50-meter breaststroke**

1st Place (M/19-34): Herndon, Michael  
1st Place (M/35-44): Correa, Ariel  
1st Place (F/19-34): Reed, Judy  
2nd Place (M/35-44): Peterman, Steven
- 100-meter breaststroke**

1st Place (M/19-34): Downs, Dan  
1st Place (M/35-44): Correa, Ariel  
2nd Place (M/35-44): Peterman, Steven
- 50-meter butterfly**

1st Place (M/19-34): Kohr, Brandon  
2nd Place (M/19-34): Heughan, Chris  
3rd Place (M/19-34): Reed, Mike
- 100-meter butterfly**

1st Place (M/19-34): Downs, Dan  
2nd Place (M/19-34): Reed, Mike
- 50-meter freestyle (one heat)**

1st Place (M/19-34): Herndon, Michael  
2nd Place (M/19-34): Peral, Christopher  
3rd Place (M/19-34): Moore, Gary  
1st Place (F/19-34): Moretti, Laticia  
1st Place (M/35-44): Jones, Darius
- 100-meter backstroke**

1st Place (M/19-34): Kohr, Brandon  
2nd Place (M/19-34): Heughan, Chris  
1st Place (M/35-44): Feltwell, David  
1st Place (F/45+): Carr, Colleen
- 50-meter freestyle (second heat)**

1st Place (F/19-34): McGrath, Krystle  
2nd Place (F/19-34): Balog, Ronalee  
3rd Place (F/19-34): Reed, Judy  
1st Place (M/45+): MacDermott, Rick
- 100-meter freestyle**

1st Place (F/19-34): Crandall, Maria  
2nd Place (F/19-34): Balog, Ronalee  
1st Place (M/19-34): Moore, Gary  
1st Place (M/35-44): Murray, Larry  
2nd Place (M/35-44): Jones, Darius
- 50-meter backstroke**

1st Place (F/19-34): Crandall, Maria  
2nd Place (F/19-34): Moretti, Laticia  
1st Place (M/35-44): Feltwell, David  
2nd Place (M/35-44): Murray, Larry  
1st Place (F/45+): Carr, Colleen  
1st Place (M/45+): MacDermott, Rick
- Team relays**

1st Place Medley: 120th  
1st Place freestyle: 2-60th  
2nd Place freestyle: SSI  
3rd Place freestyle: 4-10th
- Commander's Cup points**

1st Place: Soldier Support Institute  
2nd Place: 120th  
3rd Place: 2-60th